

# AHP Activities

## GIVE US A CALL

The AHP is the centre of activity in humanistic psychology in this country, and offers a number of ways of enabling organizations to get some idea of how this approach might be of use to them.

The first and simplest way is for one member of the organization to join the Association - this gives regular contact with everything which is going on, which this person can then spread to others.

Another very simple way is to send for our new Booklist (produced with the help of the North East London Polytechnic) which gives a run-down on what books are available by people who are committed to humanistic psychology. This is now arranged in alphabetical order under ten different headings: basic theory and research; practical manuals; education; psychotherapy; organizational; new consciousness; transpersonal/religious; female/male; social action/community psychology; and miscellaneous. This list is free to members, 50p to non-members.

The third way is to ask for a speaker. We have a panel of people who are willing to speak about humanistic psychology, either in general or on particular aspects which are more specialized. Where possible, we like to arrange for an experiential follow-up to such a lecture, where those who were interested enough can come and experience for themselves some of the things which were talked about. Often the lecturer, or the group leader, or both, will come for expenses only - though if your organization can afford fees, this would of course be welcomed.

The fourth way is to ask for the University Circus. This is a package which we have developed over a period of two years or so, consisting of an intellectual and experiential introduction to humanistic psychology, carried out by two or three people and lasting for five hours. It ends up with the attempt to set up an ongoing group which will meet after the event is over. Self-help is encouraged, and a one-page list of ground rules for encounter issued. But arrangements for visiting leaders can often be made too, depending on various practicalities. Again the people involved will often be prepared to do this for expenses only.

The AHP wants to spread the word, and is prepared to entertain any proposal which may be made as to better ways of doing this - we have access to certain films and tapes, and are preparing a list of these which should be available next Autumn.

In addition to these things, which are individual to each organization, we also put on seminars which we think will be of interest to people who do not yet know about this or that aspect of humanistic psychology. For example, last winter we put on day seminars on biofeedback, transactional analysis, ritual and fantasy, therapeutic communities, male/female energy and gender identity, and body therapies. Next winter is still being arranged, but one of the things will be a showing of the TV film *The Enchanted Loom* (about the working of the human brain) with the producer and other people commenting and answering questions. We have always been open to suggestions as to things we could put on which would interest specific groups or organizations. What could we put on that would interest you?

## CARL ROGERS

In addition to the other workshop mentioned in the previous issue, Carl Rogers will also be participating in the annual conference of the Psychology and Psychotherapy Association, which takes place at York from the 21st to the 24th of October. This is normally only open to members of the PPA and their guests, and there are only 60 places available altogether. If, however, the places are not all taken, AHP members would be welcome to apply. Details from Mrs M. McAllan, Dept of Psychology, Bexley Hospital, Bexley, Kent DA5 2BW.

## HUMPTY DUMPTY

Humpty Dumpty is a magazine 'for dissenting psychologists in public' and contains many articles of a highly critical nature about present activities within the psychological and psychiatric establishment. No.1 contained articles on the Paddington Day Hospital protest, special schools for educationally handicapped children, the content of psychology courses, Marketing research, madness in Luton, etc. No.2 contained material on personality testing, a project with parents of mentally handicapped children, a personal account of life in a mental hospital, an interview with a psychologist who had been working in Northern Ireland, book reviews, etc. No.3 had pieces on radical psychology, the BPS Conference, the Open University social science foundation course, Tavistock-type study groups, homosexuality, etc. No.4 (the current issue) has articles on scales for testing psychiatric disorder in schoolchildren, behaviour modification in education, ESN schools, IQ testing, social relations in the classroom, the politics of therapy, the York conference on Psychology in Practice, men's groups against sexism, book reviews, etc. Humpty Dumpty has also joined with another group to publish a hefty pamphlet on *Racism, IQ and the Class Society*. The address of Humpty Dumpty is 28 Redbourne Avenue, London N3 2BS. (No. 1 is out of print, 2 & 3 are 10p each, No.4 is 15p and the pamphlet is 40p. Postage should be added).

## QUOTE

'Therapy acts to enforce the whole male structure, and ultimately forces women into dependence upon an area which, founded and dominated by men, has been used against women'. (Nadine Miller, Letter to her psychiatrist, in *The Radical Therapist*, Penguin 1974).

## THE RE-EVALUATION CO-COUNSELLING BREAKAWAY

We have learnt of an addition to the groups mentioned last month as offering alternative peer counselling. Dialectical peer counselling has been developed by John Southgate within the Diploma in Applied Behavioural Science course at the Polytechnic of North London. He uses dialectics, co-counselling and primal techniques. Has a radical political flavour. Contact John Southgate at 7 Nassington Road, London N.W.3

You are invited to find out how humanistic psychology helps to generate a way of life, not only for the person himself in his own private psyche, but also for the same person as a social being, a member of society.

The subscription is £6 per year, which includes a subscription to *Self & Society*, or £4 for mailing members. Mailing members receive *Self & Society* and all communications from the AHP and will be entitled to attend all meetings but without discounts.

To: The Treasurer, Association for Humanistic Psychology,  
62 Southwark Bridge Road, London SE1 0AU.

I would like to join the AHP in Britain, and enclose my first year's subscription.

NAME .....

ADDRESS .....

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OCCUPATION .....

QUALIFICATIONS .....

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